

I Wanna Do It...



MYSELF

LC4215  
G43  
Sh18



LC 4215  
G 43  
Sh 18

by

Carol Gimbel, O.T.R.



revised by

Karen Shane, M.Ed.

a publication of Elwyn Institutes  
Elwyn, Pennsylvania  
Marvin S. Kivitz, Ph.D. President

AMERICAN FOUNDATION FOR THE BLIND  
15 WEST 16th STREET  
NEW YORK, N.Y. 10011



Digitized by the Internet Archive  
in 2013

<http://archive.org/details/iwannadoitmyself00caro>

AMERICAN FOUNDATION FOR THE BLIND  
15 WEST 10TH STREET  
NEW YORK

# Index

	<u>page</u>
Introduction	1
Kinds of Cerebral Palsy	
"spastic"	5
"floppy"	9
"mixed"	13
"athetoid"	18
Movement	21
Learning through senses	34
Bathtime fun	48
Toileting tips	52
Dressing tips	59
Feeding tips	64



## introduction

... the intention of this book is to give suggestions for activities to be used in the homes of multi-impaired children.

often school programs are full, and enhance the sensory awareness of these children, but families are left without practical ideas to create a sensory enriched environment in a "down-to-earth" setting at home.

"I Wanna Do It... Myself" offers ideas in a supportive way, to create realistic goals and expectations in order to allow the multi-impaired child be an equal part of the family.





Kids come in all shapes, types and sizes...

- a. totally tense
- b. partially tense
- c. totally loose
- d. partially loose
- e. mixed - tense and loose
- f. unpredictable - alternating between tense and loose when moved or at rest.





2

because no two children are alike...

no two children can be handled

the same

while they

are

Learning



3

Let's look at how you, as parents  
can maximize your child's  
learning

Potential!



4

after interviewing different children  
we found . . .

they would like to tell  
you how to help them







" Let me introduce myself, my name is Sammy. I am a totally tense type of child, commonly called Spastic. "

here are some TIPS for kids like Sammy:

- 1- move me slowly to avoid getting me more uptight.
- 2- rock me, rock me, rock me, slowly and rhythmically before dressing or feeding me.
- 3- let me help with dressing myself... especially at bedtime after a nice warm bath.





after a bath, I am  
much more relaxed  
and able to move  
easier . . .

(refer to tots tips for dressing)



4. - Bathtime is also a good time to help me move my joints (ranging) since the warm water will relax my muscles and make me feel lighter.

also try ranging my joints when I am sleeping

zzzzzz

(refer to Bathtime Fun!)



6. encourage me to move... but only  
where I feel

Safe  
Secure and  
Comfortable



(who ever said deflated rafts  
are just for riding waves!)





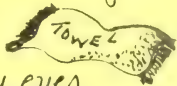
1  
this is Sally speaking... I'm  
a floppy or low tone type of  
child. When you hold me,  
I feel like a sac of potatoes -  
heavy & limp and ...

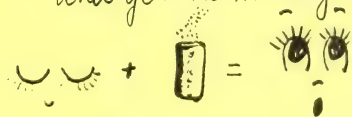
loosely  
connected!"



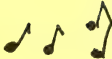


I need special handling to wake up my sleepy muscles.  
Here are some ways you can help me "tone" my muscles.

1. bounce me and rock me quickly and irregularly.
2. **SPLASH** me with cool water and then give a brisk rub down with a 
3. strong odors can really open my eyes and get me moving!





4. Give me ice pops to suck
5. Play peppy music for me 

Rx



after you've shaken me up, ask my muscles  
to work by practicing dressing moving  
towards a toy or ...



... moving a part of my body which needs  
strengthening

NECK BACK SHOULDERS BELLY ARMS  
HIPS THIGHS CALFS ANKLES HANDS



i need pressure at my shoulders, hips  
or pelvis to help stabilize me





some of us are all MIXED UP !!!

Parts of our bodies can be tense

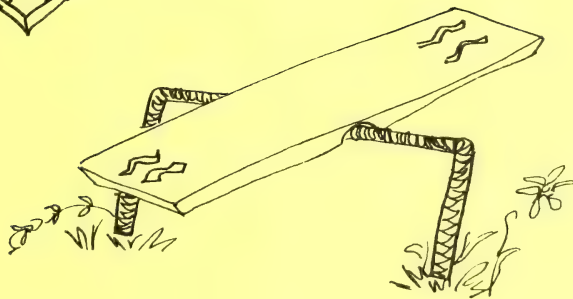


Parts of our bodies can be loose





The tense  
parts need  
toning

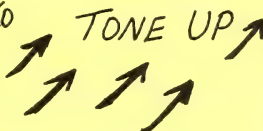


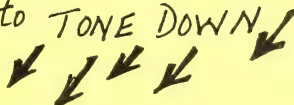
the loose  
parts  
need  
toning





therapists (occupational or physical) can show  
some ways to

TONE UP 

or to TONE DOWN 

muscles..... please ask them  
that's part of their jobs



"hi! I'm Bobby a partially tense type child - some people call that HEMIPLEGIC. That means one side of my body is tense."

since one side of me moves more easily, I usually forget or ignore the side of me that's more difficult to move.







"my tense side needs help to be relaxed...

so it can work together  
with my "easy" side  
when I

MOVE  
EAT + DRINK  
PLAY  
DRESS





" People tell me I'm fickle because I'm always changing."

Others call me *athetoid*

some people who are *ATHETOID* move and wiggle and can't seem to stay in one position.

as we wiggle ...



... muscles become ~~tense~~ **tense** and are difficult to control

When we are still, our muscles feel limp, loose and **HEAVY**

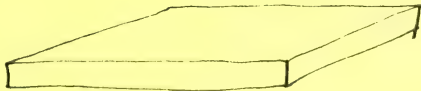
some people who are ATHETOID move very little, and have trouble staying in position.



"Our parents need to learn how to keep up with our changing muscles"

.... they need to learn how and when to relax or excite them  
⊙\*!?!⊙\*!

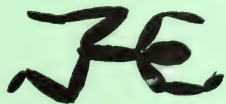
**Tip:** work on building strong neck, back, shoulder and pelvis muscles so arms and legs will have a strong foundation







MOVEMENT





- All of us move our bodies with some **abnormal patterns**.  
**Handling** that is needed to prevent these patterns is slightly different for each of us.

OCCUPATIONAL THERAPISTS & PHYSICAL THERAPISTS can show how to recognize and prevent these patterns.





the longer these patterns continue....

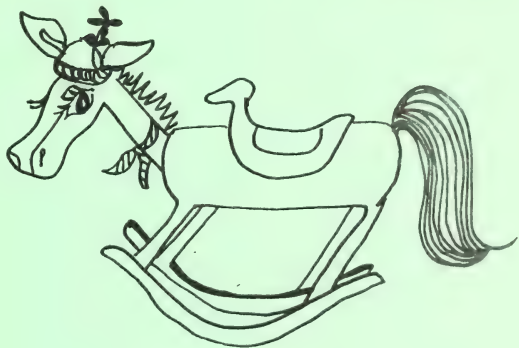
THE HARDER THEY ARE TO  
Get Rid Of....



All children need to



so they are not afraid  
to move.....



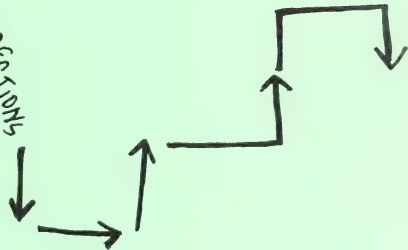




25

Place us where we feel comfortable to move

HELP US TO MOVE IN  
DIFFERENT DIRECTIONS







"Place many toys around us so they will entice us to move"

FIND A WAY IN WHICH WE CAN MOVE TO THE TOYS BY OURSELVES



**WALKING** is a nice skill to have but....

please remember I have to  
learn all these "steps"  
before I am ready to walk.





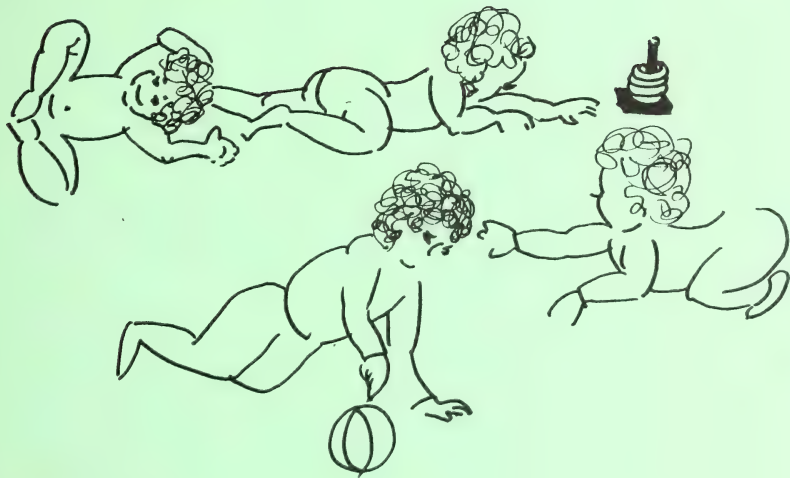
my neck, back, belly and pelvis  
muscles need time to grow

Strong so...

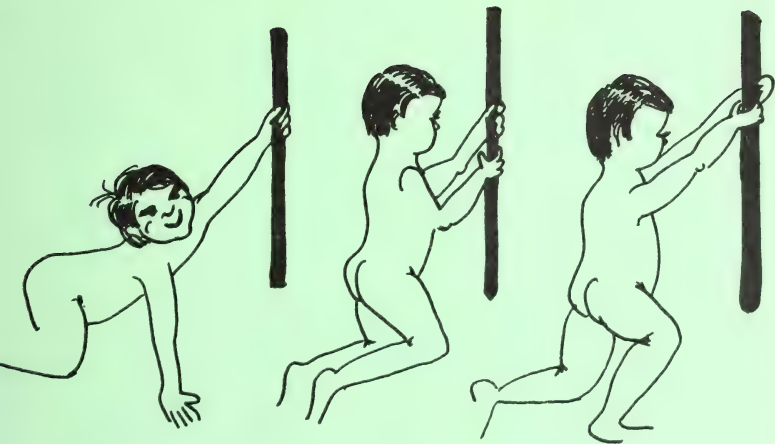
my arms and legs will have a strong  
base to move on!











learning to  
balance in all  
these positions  
required  
experience in  
rocking and  
rolling and  
exercise.



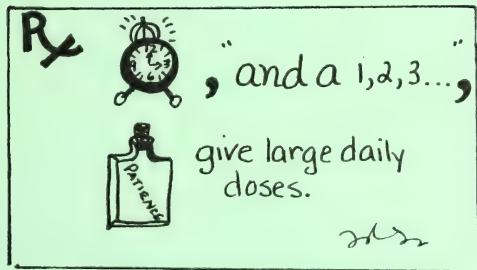


AMERICAN FOUNDATION FOR THE BLIND  
15 WEST 16th STREET  
NEW YORK, N.Y. 10011



Learning takes TIME, PRACTICE  
and

PATIENCE







"some of us children will never walk. Please be proud of the other movements we learn. Those movements are not any less important than walking.





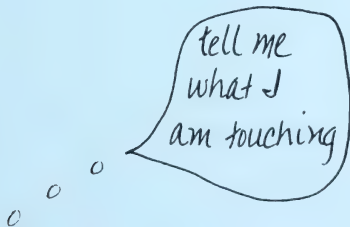
34

learning through our

**SENSES**

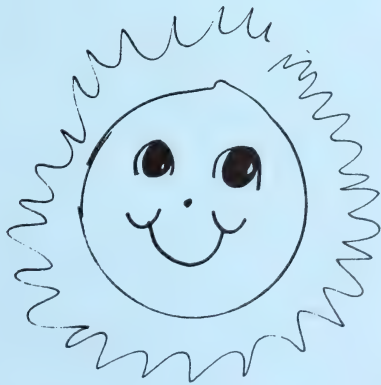


When I am indoors, let me play in my underwear. That way I can feel textures with more of my body and learn not to be afraid of different textures.





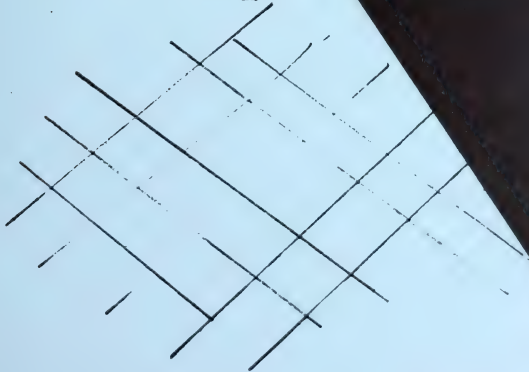
tell me what I am feeling → HOT or COLD?







Rough or Smooth?





Soft <sup>OR</sup> Hard?





tell me what I am eating or drinking...



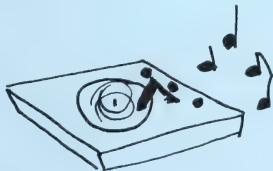
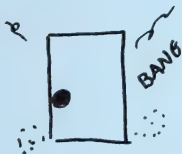
tell me what I am smelling...





40

tell me what I am Hearing







and don't forget to explain what I am seeing...



tell me its NAME  
SHAPE  
COLOR  
AND  
SIZE





"just because my friends and I  
are ~~LEGAL~~ BLIND, doesn't mean  
we all can't see anything"



some of us can recognize  
colors, shapes, forms  
and people

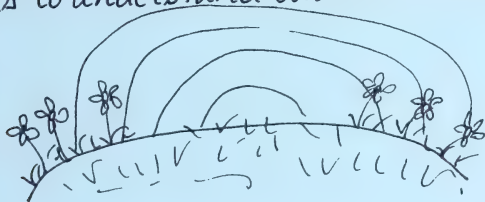


some of us can see lights  
and shadows

Whatever amount of vision we do have . . . .



Help us to understand our world a lot better.



just as we need to practice using  
our senses and our body muscles...





.... We also need to strengthen our eye muscles by  
USING THEM





Here are some suggestions for helping us to use our eye muscles:



1. Play HIDE 'N SEEK games with flashlights or small penlights. Help us to look in different directions - UP, DOWN, UP + IN etc.



2. Place the lights behind bright, transparent toys



3. Line my playroom wall with ALUMINIUM FOIL and hang COLORED CHRISTMAS LIGHTS in front of it.



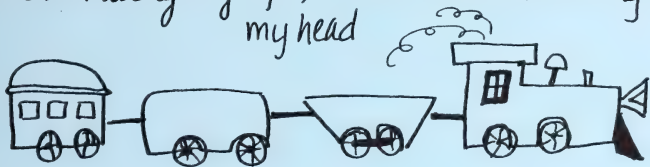
4. Tie bells or MUSICAL TOYS to the flashlight.



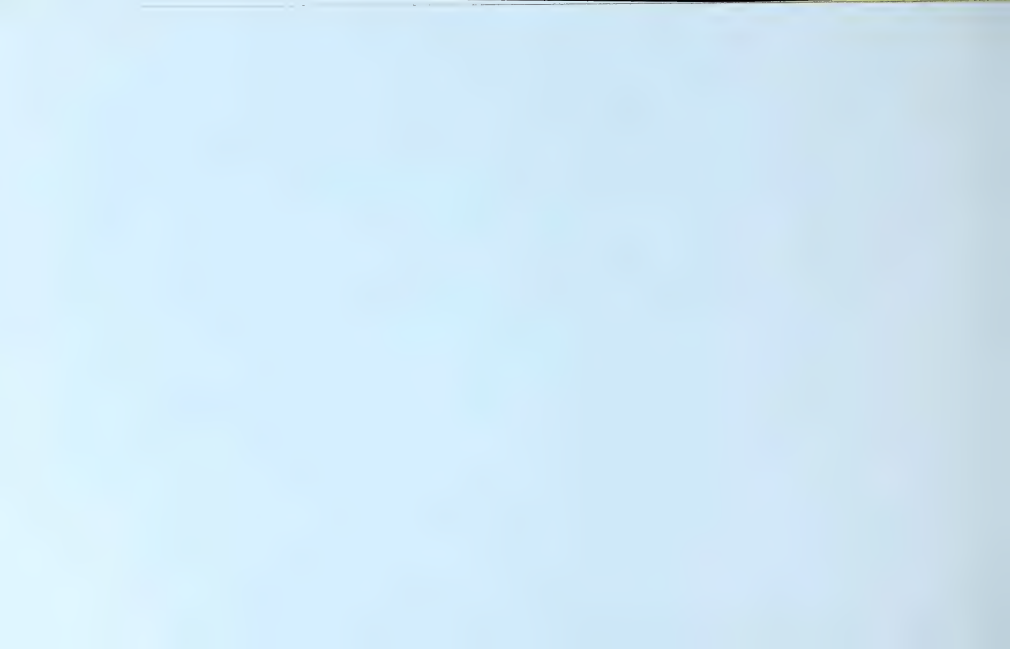
5. Have me follow a slowly moving light.



(while I am using my eyes, I will also be learning to move)  
my head



Help me use all of my senses by hanging mobiles  
of sound toys, textures, colors and potpourri bags  
in my play area



48  
Bath Time fun







bath time is a perfect time for me to learn about my **body**.



help me to splash with different body parts.

Play catch with me with large inflatable  
toys



tie mobiles of toys from the shower head, so I  
can reach for it.

tie a soap on a rope, to the water faucet so I  
can find it.



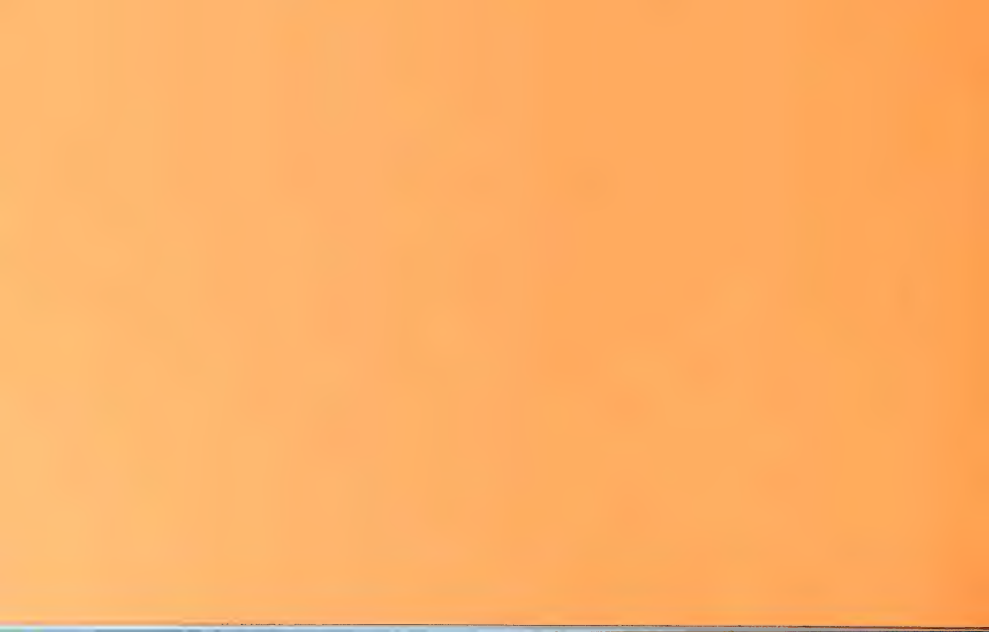
**A**fter teaching me to bathe . . .



**R**ub me down with lotion or powder while naming  
the parts of my body.

then let me help you to put on my **P.T.'s** ....  
as much as I am able to.





Toileting

Tips







learning to use the toilet by myself can be very trying for me and my parents.

Here Are Some Tips:



1. Begin when my wetting schedule is regular  
**AND**  
 when I dislike wearing dirty diapers.

2. Put me on the potty at regular intervals for no more than five minutes at a time ... or ...  
 I'll FORGET WHAT I'M THERE FOR !!!



「 $R_x$ : every hour... five minutes  
 an hour」





Large Potty's Upset Me !



3. Seat me on a small toilet where my feet can touch the floor.
4. Be nearby to praise me as soon as I wet. It makes me feel secure.
5. Use training pants in between potty visits. Praise me when I'm dry.
6. Teach me to pull my pants up and down by myself.







7. Once I'm trained, make sure I can reach and sit on the toilet by myself.
8. "Let's agree on a word or gesture to use for telling you that I need to go to the bathroom."





Toilet Training takes time

1 MONTH, 2 MONTHS, 3 MONTHS...

practice

1 HUNDRED, 2 HUNDRED, 3 HUNDRED

consistency

AND

Patience!



# Dressing Tips



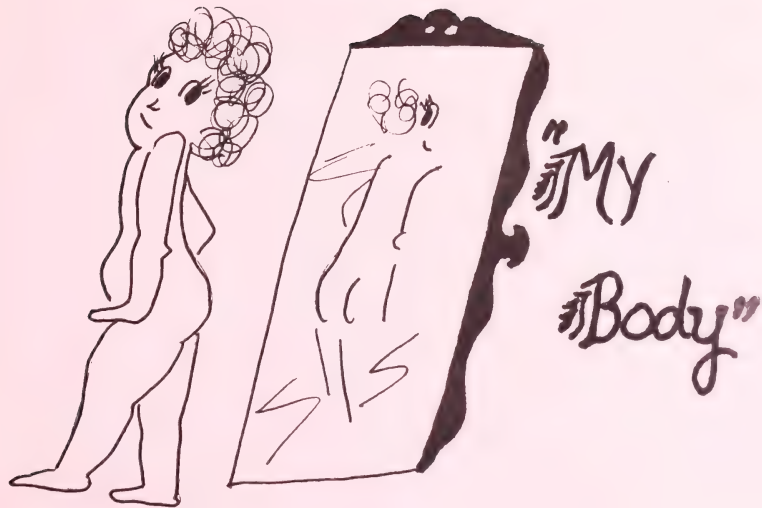


"Help me to know my body parts so I know where things belong"











tell me **WHAT** I'm putting on, and **WHERE** it belongs



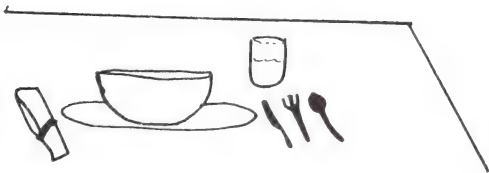


# Tips for making dressing easier:

1. Buy clothes one size larger
2. Avoid materials made totally of polyester. Polyester does not absorb perspiration and will make me stick to my wheelchair and to my toys. Buy material that absorbs perspiration (COTTON).
3. Sew VELCRO on buttonhole closures, in place of snaps, eye hooks and zippers.
4. Attach a string to the zipper on my jacket so I can pull it more easily.
5. Buy pants with elastic waists. and teach me to undress first - gravity will help make it easier.



# Feeding Tips







1. Never allow me to tilt my head back while I'm eating - tilt it forward.
2. Always position me with my feet supported or touching the floor.
3. Feed small spoonfuls to me. If I can feed myself, encourage me to eat slowly.
4. If I have difficulty swallowing, avoid sugary foods + fluids. These will cause me to drool too much.
5. Give ice pops to me. This will help me to improve sucking.
6. Teach me to drink from a cup.
7. Vary textures in my mushy foods.
8. Teach me how to chew by placing small pieces of food on my back molars.



9. If I have trouble holding my lips together, I may need a helping hand!
10. Rubbing my teeth and gums with a washcloth dipped in equal parts of baking soda and salt and water, before meals. This can make me really feel my gums and prepare me to eat.
11. Improve my diet by offering me organ meats, whole grain, nuts, vegetables, vegetable oil, margarine and increase bulk for increased bowel function.



LC4215 Gimbel, Carol.  
G43 I wanna do it myself.

G43 I wanna do it myself.  
Sh18

[illegible]

AMERICAN FOUNDATION FOR THE BLIND  
15 WEST 16th STREET  
NEW YORK, N.Y. 10011

Even though I may not be  
able  
to say  
"Thank You"

I really do

